Recipes

Latham's
ESTD. 1884

FOR CAKES AND PUDDINGS

So easy with

CAKEOMA

WELLCOME
LIBRARY

QT 235
1 93*
L 35r

22500660460

"CAKEOMA" is the original Cake Flour Mixture and has been the Housewife's favourite for over half a century, and although imitations have sprung up, it remains her first choice.

Those who know "CAKEOMA" will find their favourite recipes here and many new ones too. For those housewives who have not used "CAKEOMA" before there is a treat in store. The making of cakes, biscuits, puddings, etc., becomes a pleasure and there are no failures due to inexperience in mixing the essential ingredients.

This little booklet will help you to bring variety to your table without a lot of extra expense. It will help you to cater for so many occasions, from a school-room tea or a satisfying pudding for a hardworking husband, to a party buffet or an elaborate Wedding or Christmas Cake. Remember, it is all

"SO EASY WITH 'CAKEOMA.'"

LATHAM & CO. LTD., Port Causeway, Bromborough, Cheshire, will be very pleased to reply to correspondence, and give advice on any queries that may arise.

INDEX.

		Page.
A.	Afternoon Tea Cakes	11
	Almond Icing	16
	American Apple Dumplings	24
	Apple and Currant Pudding	23
B.	Baked Apple Pudding	22
	Banbury Pastries	14
	Birthday Cake	10
	Biscuits—ginger	11
	Blanc Mange	30
	Blondin Tarts	14
	Boiled Puddings	18
	Breakfast Dishes	31
	Buns, rock	12
	Butter Sandwich	15
C.	"Cakeoma" Cakes—Recipes	7–13
	,, ,, (General Directions)	5 & 6
	"Cakeoma" Custard—Recipes	29
	"Cakeoma" Fritters	27
	"Cakeoma" Islands	28
	"Cakeoma" Pastry	13
	"Cakeoma" Puddings—Recipes	13–27
	,, ,, (General Directions)	18
	"Cakeoma" Sauce	27
	Cakes—General Directions	5 & 6
	,, Decorating and Icing	16 & 17
	Children's Pudding	20
	Chocolate Cake	9
	Chocolate Icing	16
	Chocolate Pudding	21
	Chocolate Tartlets (iced)	14
	Chocorange Pastries	14
	Christmas Cake	10
	Cleveley's Pudding	21
	Cocoanut Cake	7
	Cocoanut Pudding	24
	Coffee Cream	29
	Coffee Date Sponge Pudding	19
	Coffee Pudding	27
	Cold Sweets	28
	Commodore Pudding	25
	Cornflour Pudding	30
	Cream Kisses	13
	Currant Cake	7
	Currant Pudding	19
C.	Custard Pie	29
	Custard Puddings	29
	Custard Tart	29
D.	Date Cookies	13
	Date Pudding	19
	Decorating Cakes	17
	Devonia Pudding	28
	Dried Eggs	5
E.	Economy in Cake-making	5
	Ethereal Pudding	20
F.	Fig Cake	7
	Fig Pudding	19
	Flaky Pastry	13
	Flake and Potato Rissoles	32
	Flans	13
	Foamy Sauce	27
	French Wafers	25
	Fruit Flan	13
	Fruit, preparing	6
G.	Genoa Cake	7
	Genoise Cake	15
	Gingerbread—plain	8
	,, rich	8
	Ginger Biscuits	11
	Ginger Fingers	12
	Ginger Pudding	21
	Glacé Icing	16
	Gooseberry Pudding	26
H.	Helpful Tables	4
	Ham Croquettes	32
	Honeybeare Tart	14
I.	Icing Cakes	16 & 17
	Iced Chocolate Tartlets	14
J.	Jam Roly-Poly	25
	Jam Sandwich	15

INDEX.

		Page.
L.	Lemon Cookies	12
	Lemon Pudding (Whole)	23
	,, ,, (Steamed)	22
	Lemon Sauce	28
	Lunch Cake—plain	7
	,, ,, rich	7
M.	Madeira Cake	7
	Marlborough Pudding	20
	Marmalade Sponge Pudding	21
	Mincemeat Pudding	19
	Mixing—Cakes	5
	,, Puddings	18
	Mock Almond Slices	14
	Mock Cream	16
O.	Oatmeal Parkin	11
	"Oma" Cornflour Recipes.	30
	Orange Cake	8
	Orange Pudding	23
	Orange Sandwich Cake	15
	Orange Sauce	27
	Oven Temperatures	4
P.	Parkin, oatmeal	11
	Pastry—Short Crust	13
	,, Flaky	13
	Pineapple Soufflé	24
	Plum Pudding	18
	Potato Roly-Poly	25
	Princess Pudding	26
	Prune Pudding	19
	Puddings—General Directions	18
	Pudding Sauces	27 & 28
Q.	Queen Cakes	11
R.	Rhubarb Pudding	26
	Rice Cake	7
	Rock Buns	12
	Roly-Poly Pudding	25
	Royal Icing	17
S.	Sandwich Cakes	15
	Sauces, pudding	27 & 28
	Savoury Dishes	32
	Savoury Dropped Scones	12
	School Cake—plain	8
	,, ,, seed	8
	,, ,, fruit	8
	Scones	11
	Scotch Pudding	20
	Shortbread Fingers	11
	Short Crust Pastry	13
	Simnel Cake	8
	Seed Cake	7
	Sponge Custard Pudding	29
	Sponge Loaves and Buns	15
	Sponge Pudding	29
	Steamed Cup Pudding	24
	Steamed Puddings—general	18
	Strawberry Merangue Flan	14
	Suet Puddings	19–27
	Supper Dishes	32
	Svensk Tekaka	12
	Swiss Roll	15
	Sybil's Pudding	21
	Sybil's Sauce	28
	Syrup and Ginger Sponge Pudding	22
T.	Tansy Pudding	28
	Tartlets—iced chocolate	14
	Tea Cakes	11
	Testing of Cakes	6
	Tins, preparing	6
	Tomatoes, stuffed	32
	Transparent Sauce	28
V.	Valencia Cake	8
	Vienna Icing	16
W.	"Wafer" Breakfast Cereals	31 & 32
	"Wafer" Banana Splits	31
	"Wafer" Chocs	32
	"Wafer" Crunch	31
	Walnut Pudding	26
	Water Icing	16
	Wedding Cake	10
	Whitefriars' Pudding	23
	Whole Lemon Pudding	23
	Windsor Pudding	22
	Wine Cakes	11

CAKEOMA COOKERY.

HELPFUL TABLES.

OVEN HEATS.

The following is given as a guide only. The settings vary on different stoves and the housewife will soon find the setting which suits her best.

To Bake.	Thermostat Setting.	
Xmas fruit cakes, large rich cakes	200°F.—250°F.	Very slow.
Less rich cakes	250°F.—325°F.	Slow.
Custards	325°F.—350°F.	Moderately Slow.
Sponge cakes (fresh egg) layer cakes, small cakes, biscuits, ginger bread	350°F.—375°F.	Moderate.
Sponge cake (dried egg) short crust pastry ...	400°F.—450°F.	Hot.
Scones, buns, rich flaky pastry	450°F.—500°F.	Very Hot.

HOMELY MEASURES.

Liquids.

1 breakfast cup full	= ½ pint.
1 teacupful	= ¼ pint.
3 tablespoonfuls	= ⅛ pint.

Flour.

1 teacupful	= ¼ lb.
1 rounded tablespoonful	= 1-oz.

Fruit.

Raisins and currants	1 breakfast cup	= 6-ozs.
Diced apples	1 breakfast cup	= 4-ozs.
Shelled nuts	1 breakfast cup	= 4-ozs.

Sugar.

1 breakfast cup full	= ½ lb.
1 level tablespoonful	= ½-oz.

The above are all approximate measures.

CAKEOMA CAKES—GENERAL DIRECTIONS.

(Read carefully before turning to the recipe you require.)

Cakes made with "CAKEOMA" Cake Mixture do not require sugar or baking powder, except in the case of sponge and sandwich mixtures, when a little extra sugar, as specified in the recipe, is added.

Always make sure the oven is the correct heat before mixing the cake. The temperature guide, given on the previous page, should be consulted.

MIXING THE CAKE.

Using the ingredients specified in the individual recipe :—

1. Sieve the "CAKEOMA" and other dry ingredients into a bowl.

2. Rub in the fat with the finger tips until crumbly and the texture of fine breadcrumbs. (For Sponge Cakes, see directions on page 15.)

3. Add the fruit, well-beaten eggs and milk to moisten. For a fruit cake the mixture must not be too soft or the fruit will sink to the bottom of the cake.

4. Mix well together and immediately place in oven. Oven heat and cooking time vary according to size and type of cake. See table on previous page.

ECONOMY IN CAKE-MAKING.

Some of the recipes given will be too large for a small family. In this case the amount of "CAKEOMA" can be halved and the other ingredients reduced in proportion.

Eggs and butter enrich cakes, but for economy fewer eggs may be used if a little more milk is added, or reconstituted dried eggs may be used. In lieu of butter, half butter and half lard or all lard, margarine or any good cooking fat can be substituted.

TO RECONSTITUTE DRIED EGG.

Quite good results can be obtained with dried eggs. One level tablespoonful dried egg reconstituted with two tablespoonfuls water is equivalent to one fresh egg. The dried egg should be sieved into a bowl and water added gradually to make a smooth mixture.

CAKEOMA CAKES—GENERAL DIRECTIONS.

PREPARING CAKE TINS.

Greasing. Brush with melted lard or cooking fat. For sponges, after greasing, dust with dry flour shaking off any surplus.

To line. This method is used for larger rich cakes. Grease the tin. Place tin on double paper and draw a pencil line round base. Cut a circle of paper about 1-in. larger, and fit into base of tin. Fit double band of paper round inside of tin to protrude about 1-in. above the side of the tin. Grease the inner lining paper.

The mixture should fill three-quarters of the tin.

PREPARING FRUIT. Fruit should be prepared in advance, preferably the previous day. It should be well washed, dried and stones and stalks removed if necessary. Nuts should be blanched, skinned and chopped.

TO TEST THE CAKE. Great care should be taken in opening the oven door as a sudden rush of cool air, particularly in the early stages, will cause the cake to sink. Pierce the centre of the cake with a steel knitting needle. If it comes out clean the cake is cooked.

FILLINGS AND DECORATIONS.

Instructions for fillings and the icing of cakes are to be found on pages 16 and 17.

CAKEOMA CAKES.

(For all these recipes see General Directions.)

RICE CAKE. (Fills a 2-lb. tin.)

16-ozs. CAKEOMA Cake Mixture.
5-ozs. butter.
2 eggs.
½ teacup ground rice.
½ glass milk.

SEED CAKE. (Fills a 2-lb. tin.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
2 eggs.
1 teaspoonful caraway seeds.
⅓–½ glass milk.

LUNCH CAKE. (About 2-lbs.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
2 eggs.
8-ozs. sultanas.
⅓–½ glass milk.

MADEIRA CAKE. (Fills a 2-lb. tin.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
2 eggs.
⅓–½ glass milk.

GENOA CAKE. (About 2¾-lbs.)

16-ozs. CAKEOMA Cake Mixture.
5-ozs. butter.
2 eggs.
8-ozs. currants.
6-ozs. sultanas.
2-ozs. candied peel (cut small).
⅓–¾ glass milk.

CHERRY CAKE.

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
3 eggs.
8-ozs. preserved cherries (halved).
⅓–½ glass milk.

FIG CAKE. (About 2-lbs.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
2 eggs.
4 or 5 figs cut small.
⅓–½ glass milk.

RICH LUNCH CAKE.

Same recipe as for LUNCH CAKE with the addition of 4-ozs. mixed candied peel. Blanched almonds scattered on top improve the appearance.

CURRANT CAKE. (About 2-lbs.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
2 eggs.
8-ozs. currants.
2-ozs. candied peel (cut fine).
⅓–½ glass milk.

COCOANUT CAKE. (Fills a 2-lb. tin.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter and lard mixed.
2 eggs.
4-ozs. desiccated cocoanut.
⅓–¾ glass milk.

CAKEOMA CAKES.

(For all these recipes see General Directions.)

VALENCIA CAKE. (About 2½-lbs.)

16-ozs. CAKEOMA Cake Mixture.
5-ozs. butter.
2 eggs.
2-ozs. blanched sweet almonds.
8-ozs. stoned raisins.
⅓–½ glass milk.

ORANGE CAKE. (Fills a 2-lb. tin.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
2 eggs.
The grated rind and juice of a good-sized orange.
⅓–½ glass milk.

This recipe is also suitable for making small cakes.

SCHOOL CAKES.

Plain. **16-ozs. CAKEOMA Cake Mixture.**
4-ozs. lard or margarine.
Pinch salt.
½–1 glass milk.

Seed. Add a few caraway seeds to the above recipe.
Fruit. Add 8-ozs. currants to the above recipe.

BUNLOAF. (About 3¼-lbs.)

16-ozs. CAKEOMA Cake Mixture.
5-ozs. butter.
4 eggs.
1-lb. raisins.
4-ozs. candied peel.
1-lb. currants.
3–4 tablespoonfuls milk.

PLAIN GINGER BREAD.

16-ozs. CAKEOMA Cake Mixture.
½ teaspoonful ground ginger.
½ teaspoonful mixed spice.
2-ozs. lard.
3 tablespoonfuls warmed syrup.
1 teacupful milk.

RICH GINGER BREAD.

16-ozs. CAKEOMA Cake Mixture.
½ teaspoonful ground ginger.
½ teaspoonful mixed spice.
4-ozs. butter or lard.
4-ozs. raisins (optional).
2 eggs.
3 tablespoonfuls warmed syrup.
2 tablespoonfuls milk.

SIMNEL CAKE.

8-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
3 eggs.
2–4-ozs. candied peel (cut fine).
10-ozs. currants.
Little cinnamon.
Grated nutmeg.
3 or 4 tablespoonfuls milk.

Rub the butter into the sieved CAKEOMA and spices. Beat up the whites and two yolks of the eggs (reserving one yolk for the almond paste), and with the milk beat into the dry ingredients to make a smooth batter. Mix in the fruit lightly. Put half the batter into a 2-lb. lined tin ; then a layer of almond paste (see page 16) and lastly add the remainder of the cake batter. Bake in a moderately hot oven. The cake may have a layer of almond icing on top when baked, if liked.

CAKEOMA CAKES.

(For all these recipes see General Directions.)

CHOCOLATE CAKES.

(1)

16-ozs. CAKEOMA Cake Mixture.

1–2-ozs. cocoa.

4–6-ozs. butter.

2 eggs.

$\frac{1}{3}$–$\frac{1}{2}$ glass milk.

Mix the CAKEOMA and cocoa well together and proceed as given in General Directions. For variation a few sultanas, currants, half teaspoonful vanilla essence, cherries or candied peel may be added, milk to mix.

This recipe is also suitable for making small cakes in patty tins.

(2)

7-ozs. CAKEOMA Cake Mixture.

2-ozs. butter.

2 tablespoonfuls syrup.

1-oz. sugar.

2 eggs.

1-oz. cocoa or chocolate powder.

Cream the fat, sugar, and syrup. Add the beaten eggs. Sieve and add dry ingredients. Add flavour and milk to give a soft dropping consistency. Bake in two lined greased tins 6 or 8 inches square in a hot oven for 20 minutes. Spread one cake with chocolate mock cream and ice top with glacé icing. Decorate with walnuts. (For icing, see page 16.)

CHRISTMAS, WEDDING, and BIRTHDAY CAKES.

With suitable icing and decorations the following recipes can be used for any of the above occasions. Almond icing covered with Royal icing are normally used on a rich fruit cake of this type. Full instructions for icing can be found on page 17.

CHRISTMAS CAKE No. 1.

16-ozs. CAKEOMA Cake Mixture.
6-ozs. fat.
2 eggs.
1–1½-lbs. fruit (mixed).
2-ozs. mixed peel.
2-ozs. nuts.
2 teaspoonfuls spice.
Browning.

CHRISTMAS CAKE No. 2. (About 3¾ lbs.)

16-ozs. CAKEOMA Cake Mixture.
6-ozs. butter and lard mixed.
2 eggs.
1½-lbs. currants and sultanas (mixed).
½ glass milk.
Wineglass rum.
Half grated nutmeg.
Pinch mixed spice.

CHRISTMAS CAKE No. 3. (About 2¾-lbs.)

16-ozs. CAKEOMA Cake Mixture.
3–4-ozs. lard or dripping.
1-lb. currants.
4-ozs. candied peel.
½ grated nutmeg.
Pinch mixed spice.
½ glass milk.

EXTRA RICH CHRISTMAS CAKE. (About 5-lb.)

16-ozs. CAKEOMA Cake Mixture.
6-ozs. butter.
6 eggs.
8-ozs. sultanas.
8-ozs. candied peel.
2-lbs. currants.
8-ozs. blanched sweet almonds.
Little brandy or rum.

These cakes should be mixed in accordance with the General Instructions. Rich cakes should always be baked in a very well greased and **lined** tin and a piece of greaseproof paper may also be placed over the top of the tin to prevent over browning. Large rich cakes should be cooked in the centre of a slow oven (350°F.) for one hour per lb. of weight.

SMALL CAKES, SCONES, BISCUITS, etc.

(See General Directions on page 6.)

GINGER BISCUITS.

16-ozs. CAKEOMA Cake Mixture.
1½ teaspoonfuls ground ginger and spice (mixed).
2-ozs. butter or lard.
1 dessertspoonful syrup (warmed).
3 tablespoonfuls milk.

Mix into a stiff dough and knead well. Roll out and cut into fancy shapes and bake in a cool oven.

SHORTBREAD FINGERS.

8-ozs. CAKEOMA Cake Mixture.
2-ozs. semolina.
3-ozs. fat.
Pinch salt.

Mix the CAKEOMA, salt and semolina together. Rub in the fat. Knead until of uniform consistency. Roll out and mark in sections. Bake in slow oven (200°F.–250°F.) for 20–30 minutes.

WINE CAKES OR BISCUITS.

16-ozs. CAKEOMA Cake Mixture.
2-ozs. butter.
1 whole egg and the yolk of another.

Make into a stiff dough and roll out into a sheet about ¼-inch thick, cut into fancy shapes and bake in a hot oven.

AFTERNOON TEA CAKES.

8-ozs. CAKEOMA Cake Mixture.
3-ozs. butter.
1 or 2 eggs.
1 tablespoonful currants.
A little candied peel (cut small).
2 or 3 tablespoonfuls milk.

Make the batter in the usual way and divide into small patty tins and bake 10–15 minutes in a moderate oven.

OATMEAL PARKIN.

16-ozs. CAKEOMA Cake Mixture.
1-lb. medium-cut oatmeal.
1½ teaspoonfuls ground ginger and spice (mixed).
8-ozs. butter or lard.
1 teacupful syrup or treacle.
1 teacupful milk

Rub the fat into the sieved, dry ingredients. Add the milk and syrup (warmed) and mix well. Pour into a baking tin and leave covered until next day. Bake in a slow oven.

SCONES.

6-ozs. CAKEOMA Cake Mixture.
12-ozs. self-raising flour.
2-ozs. butter or lard.
½ teaspoonful salt.

Rub the fat into the sieved, dry ingredients. Stir in the milk and mix to a smooth dough. Knead lightly. Divide into two equal-sized pieces and form into round cakes. Place on greased tins and mark each into four pieces with a sharp knife. Bake in a hot oven. Sultanas, raisins or currants may be added to make fruit scones.

QUEEN CAKES.

16-ozs. CAKEOMA.
6-ozs. butter.
3 eggs.
4 or 5 tablespoonfuls milk.
Currants.

Make the batter in the usual way and put one teaspoonful each into well-greased patty tins. Bake in a hot oven. A half cherry may be put on each before baking and the cakes dusted with fine sugar before serving.

CAKEOMA CAKES.

Small Cakes, Scones, Biscuits, etc.

(See General Directions on page 6.)

ROCK BUNS.

16-ozs. CAKEOMA Cake Mixture.
2-ozs. butter.
1 egg.
½ glass milk.
1 tablespoonful currants.

Make into a stiff paste in the usual way. Divide into small rough pieces, and place well apart on a greased flat baking tin. Make the tops " rocky " by pulling the dough in opposite directions with two forks. Dust with sugar and bake in a hot oven.

LEMON COOKIES.

8-ozs. CAKEOMA Cake Mixture.
2-ozs. butter.
1 egg.
Pinch salt.
Rind of two lemons and juice of one.

Cream the fat and add the egg. Sieve in the CAKEOMA and salt and add the lemon juice. Knead and roll out. Sprinkle lemon rind over the mixture before final rolling and roll it in. Cut into various shapes and prick. A cooked filling of five teaspoonfuls lemon juice, four teaspoonfuls sugar may be spread, and the cookies baked in a moderate oven (350°F.) for 15 minutes until golden brown. If liked, the biscuits may be baked without the filling, and a spread, made with three teaspoonfuls lemon juice, one teaspoonful syrup, small knob butter, two dessertspoonfuls bread-crumbs, can be sandwiched between the biscuits when cooked.

SVENSK TEKAKA. (Swedish Tea Cake.)

6-ozs. CAKEOMA Cake Mixture.
2-ozs. margarine.
1 egg.
1-oz. brown sugar.
2–3 tablespoonfuls currants, raisins or chopped prunes.

Cream the fat, add the egg and beat in. Stir in the CAKEOMA and add enough water or milk to make a stiff dropping consistency. Place in two 6-inch cake tins, well greased. Sprinkle brown sugar and currants over the top. Bake in hot oven (400°F.) for 20 minutes.

SAVORY DROPPED SCONES.

8-ozs. CAKEOMA Cake Mixture.
2-ozs. fat.
½ pint milk.
1 egg.
Pinch salt.

Sieve the dry ingredients into a bowl and rub in the fat. Add egg and mix to a stiff batter with the milk. Grease a hot girdle. With a dessertspoon and teaspoon, pour batter on to the girdle, making three sizes of scones. Spread the large scones with filling and place smaller ones on top and then more filling and top with the smallest scone. Fillings : Chopped apple, onion and tomato sauce, OR apple, celery, and orange chopped and mixed with salad dressing or mayonnaise.

GINGER FINGERS.

5-ozs. CAKEOMA Cake Mixture.
1½-ozs. margarine or lard.
1½ tablespoonfuls syrup.
1½ teaspoonfuls ground ginger.

Warm the fat and syrup and cream together. Sieve in the CAKEOMA and ginger. Mix to a stiff dough and roll out thinly. Cut into fingers approximately ½-in. wide by 1½-in. long. Bake in hot oven (400°F.) for 25–30 minutes.

CAKEOMA CAKES.

Small Cakes, Scones, Biscuits, etc.

(See General Directions on page 6.)

DATE COOKIES.

8-ozs. CAKEOMA Cake Mixture.
1 egg.
3-ozs. butter.
3-ozs. dates.
Pinch salt.
Milk to mix.

Sieve the CAKEOMA and salt into a basin. Rub in the fat and add milk to make a stiff dough. Cut into 6-8 pieces. Knead into balls and make small holes in the centre. Cut dates in half (stone if necessary) and fill the centres with them. Close the opening. Turn cookies over, place on a greased tray and brush with milk. Bake in a hot oven (450°F.) for 15–20 minutes.

CREAM KISSES.

6-ozs. CAKEOMA Cake Mixture.
2 dried eggs (fresh eggs make the mixture too soft).
2-ozs. butter.
Pinch salt.
Vanilla.
Milk to mix.

Sieve the CAKEOMA and dried eggs and salt. Rub in the fat. Mix to a soft consistency with milk and few drops vanilla essence. Pipe with a starred tube, or with a spoon make small cakes. Bake in a moderately hot oven (350°F.) for 10–15 minutes. Stick halves together with mock cream (page 16) or jam. Decorate with ¼ cherry.

CAKEOMA PASTRIES AND FLANS.

CAKEOMA makes tart paste and flaky pastry richer and shorter, as well as lighter than that made in the ordinary way, and it is more economical because less fat is required.

CAKEOMA SHORT CRUST PASTRY.

8-ozs. CAKEOMA Cake Mixture.
8-ozs. plain flour.
4–6-ozs. lard or butter.
Pinch salt.
Water.

FRUIT FLAN.

5-ozs. CAKEOMA Cake Mixture.
2-ozs. butter.
2 eggs.
2-ozs. fine sugar.

Cream the butter and sugar and then add one egg at a time beating well until light. Add the CAKEOMA and mix until the batter is smooth. Spread evenly in a flan tin and bake in a hot oven for 7–10 minutes. Turn on to clean cloth and when cool fill with thin layer of partly-set jelly. Add the fruit then another layer of jelly. Coat with whipped or mock cream.

CAKEOMA FLAKY PASTRY.

8-ozs CAKEOMA Cake Mixture.
6-ozs. lard or mixed fat.
Pinch salt.
Water to mix.

Divide the fat into four. Sieve CAKEOMA, salt and rub in a quarter of the fat. Add sufficient liquid to make a stiff dough. Roll into a strip. Fold into three with plain part in the centre. Seal ends and half turn and roll again. Repeat the previous part twice again, and then once without fat. Roll out to required shape and size. Bake in very hot oven.

CAKEOMA PASTRIES AND FLANS.

BANBURY PASTRIES.

4-ozs. CAKEOMA Cake Mixture.
3-ozs. lard or mixed fat.
Pinch salt.
2-ozs. currants.
½-oz. sugar.

Make the flaky pastry as described on previous page and roll out. Cut approximately 2-in. rounds with a cutter and sprinkle half the rounds with currants. Cover with another round and roll lightly again. Sprinkle with sugar and bake in a very hot oven (450°F.) for 10–15 minutes.

STRAWBERRY MERANGUE FLAN.

CAKEOMA Short Crust Pastry.
1 packet frozen or fresh strawberries or other fruit.
1 or 2 whites of egg.
½–1-oz sugar.

Make the pastry and roll out. (Page 13.) Fit into greased flan ring and bake in a moderate oven (350°F.) for 15–20 minutes. When cooked fill with strawberries. Whip up the egg whites and add sugar. When really stiff place on the flan and put into a cool oven for a few minutes to allow to set.

CHOCORANGE PASTRIES.

6-ozs. CAKEOMA Short Crust Pastry.
1 orange cut in thin slices.
Chocolate spread.

Make the pastry and roll out, cut into rounds and prick. Cook in a hot oven (425°F.) for 10–15 minutes. On two rounds spread filling made by creaming together 1-oz. margarine and 1-oz. sugar and adding four teaspoonfuls cocoa, grated orange rind and vanilla essence. On third round place an orange slice. Sandwich all three together with the orange in the centre. Decorate with a small piece of peel.

BLONDIN TARTS.

Line a plate or shallow baking tin with CAKEOMA Short Crust Pastry (page 13). Spread the bottom with jelly or jam and fill up with "Queen Cake" batter (page 11). Bake in a moderate oven.

HONEYBEAR TART.

2-ozs. CAKEOMA Cake Mixture.
2-ozs. plain flour.
Pinch salt.
1½-ozs. fat.

Make a short crust paste with the above and line a tin. Chop one apple finely and place in tart, sprinkle with 1-oz. breadcrumbs and pour on three tablespoonfuls honey. Bake in a moderate oven (400°F.) for 15–20 minutes.

MOCK ALMOND SLICES.

CAKEOMA Short Crust Pastry.
2 tablespoonfuls jam.
1½-oz. margarine.
2 dessertspoonfuls syrup.
4-oz. medium oatmeal.

Make the short crust pastry (page 13) and roll out into one strip. Spread with jam. Melt margarine and syrup and add oatmeal. Spread on top of pastry and jam. Place in hot oven (450°F.) for 20 minutes. Cut in slices when cool.

ICED CHOCOLATE TARTLETS.

Line small tartlet cases with CAKEOMA short crust pastry (page 13). Mix the following together and fill the tins with it having first put a little apricot jam in the bottom: 2-ozs. fat, 1-oz. sugar, 1 egg, 1 tablespoonful cocoa, 4-ozs. CAKEOMA, milk to mix. Bake in moderate oven (425°F.) for 15 minutes. When cool ice with chocolate or white glacé icing (page 16).

JAM SANDWICH.

8-ozs. CAKEOMA Cake Mixture.
3-ozs. sugar.
2 eggs.
2 tablespoonfuls milk.
(or 1 egg and 4 tablespoonfuls milk will do.)

Beat up the eggs with the sugar and lightly but thoroughly mix with the sieved CAKEOMA and milk. Spread the batter evenly in a well-greased tin and bake in a hot oven (400°F.) for 15–20 minutes. When cool cut open and spread with jam, lemon curd or fruit jelly. Replace top and press down gently. Dust with castor sugar or the cake may be iced (page 16).

ORANGE SANDWICH CAKE.

8-ozs. CAKEOMA Cake Mixture.
3-ozs. butter.
1 egg.
Pinch salt.
Juice of one orange and grated rind of same.
Milk to mix.

Cream the fat and add the egg. Sieve the CAKEOMA and salt and fold into the creamed mixture. Add orange juice and rind. A piece of candied orange or glacé melon may be placed on top when mixture has been put in greased tin. Bake for 30 minutes in hot oven (425°F.) Brush a little warmed orange juice over the top when the cake is removed from the oven.

BUTTER SANDWICH.

5-ozs. CAKEOMA Cake Mixture.
2-ozs. butter.
2-ozs. sugar.
2 eggs.

Cream the butter and sugar until light then add the eggs one at a time beating in well. Add the CAKEOMA and lightly, but thoroughly mix until the batter is smooth. Spread evenly in a well-greased and floured sandwich tin and bake in a hot oven. When cooked, the cake should be cut and filled as for "Jam Sandwich."

SWISS ROLL.

Make a batter as for "Jam Sandwich." Spread evenly in a shallow oblong tin greased and lined with white paper, and bake for 8–10 minutes in a hot oven. When cooked, free the edges with a knife and turn out bottom upwards on a damp (not wet) cloth. Spread with jam thinly but evenly and carefully roll up from the end. Wrap the towel round the cake to keep it together until set. Before serving, trim both ends with a sharp knife and dust over with castor sugar. Instead of jam, lemon curd, or any fancy filling may be used.

SPONGE LOAVES AND BUNS.

Make a batter as for "Jam Sandwich," but bake in cake or small bread tins or patty pans. For Sponge Loaves the tins should not be filled more than 1½-ins. deep, and for Sponge Buns the patty tins should be less than half full, as the batter will rise considerably. Use a hot oven and do not over bake.

GENOISE CAKE.

Make a batter as for "Butter Sandwich." Spread evenly about ½-in. thick in a well-greased shallow tin about 11-ins. by 8-ins. and bake in a hot oven. When cool cut into strips 2 or 3-ins. wide. Split and sandwich with jam, lemon curd, or vienna icing. Ice with glacé icing (page 16) and cut into fancy shapes. These cakes may be further improved by decorating with half walnuts, cherries, small pieces crystallized fruit, desiccated cocoanut; or a thick border of vienna icing may be piped round the edge and the centre filled with jam or jelly.

ICING AND DECORATING CAKES.

Everything connected with icing should be kept scrupulously clean and free of grease.

All icing may be coloured with Confectioners' Colourings, but all colours should be used sparingly as highly-coloured cakes are not appetising or artistic. Flavourings may also be used by adding a few drops of any essence. All colours and flavours should be added after the icing is beaten up.

WATER OR GLACÉ ICING.

½-lb icing sugar.
2–3 tablespoonfuls warm water.

Sift icing sugar into a bowl and mix smoothly with water. Place in a pan and stir over a low heat until the icing just coats the back of a wooden spoon. Avoid overheating as this causes dullness. Pour on to prepared cake and smooth with a wide bladed knife previously dipped in hot water.

VIENNA ICING.

3-ozs. fresh butter or margarine.
6-ozs. sieved icing sugar.

Cream the butter and sugar together until light. Add flavouring as desired. This icing is used as a filling for sandwich cakes, piping decorations on cakes, tarts, etc. It remains soft like butter.

MOCK CREAM.

1 tablespoonful " OMA " Cornflour.
¾ pint milk.
1-oz. fat.
1-oz. sugar.
Few drops vanilla essence.

Blend the cornflour with a little of the milk and boil the rest. Pour on to the blended cornflour and then back into the pan. Boil for 2–3 minutes until thick. Cool. Cream the fat and sugar and add the cornflour mixture very gradually when quite cold. Beat thoroughly. Add the essence last.

CHOCOLATE GLACÉ ICING.

½-lb. icing sugar.
2½-ozs. chocolate powder or plain chocolate.
2 tablespoonfuls warm water.
2 drops vanilla essence.
2 drops coffee essence.

Melt the chocolate with the warm water. Add the icing sugar as for plain glacé icing and add the essence last. Use as required.

ALMOND ICING.

This is used to cover Wedding, Christmas and other rich cakes, and provides a firm, smooth surface on which to apply the Royal icing which usually covers it. Almond icing alone can also be used to cover cakes, and is always used on Simnel Cake (page 8).

½-lb icing sugar.
½-lb. ground almonds.
1 egg.
½ teaspoonful vanilla.
Juice ½ lemon.

Mix the almonds and sugar together. Beat the egg and add to dry ingredients. Add lemon juice and essence. Knead to a stiff paste. Roll out to size and shape required. Brush one side with egg and press firmly on to cake.

ROYAL ICING.

This icing sets very hard and is used for covering and decorating Wedding, Birthday, Christening, Christmas Cakes, etc. It is usually applied over a layer of Almond Icing. Before applying the Royal Icing the almond icing must be well set, and for a good effect must be perfectly smooth and flat. It may be necessary to trim the top of the cake before icing to get this effect. This icing keeps almost indefinitely and together with almond icing helps to keep the cake itself moist. When the cake has been covered, piped decorations using various piping nozzles can be added after the original layer of icing has been allowed to set hard.

Royal Icing for an 8-in. Cake.

1-lb. best-quality icing sugar.
2 egg whites.
1 teaspoonful acetic acid or lemon juice.
Colouring if required.

Roll the icing sugar with a rolling pin to crush any hard lumps. Then sieve it several times until it is very fine. Put the sugar in a bowl and make a well in the centre and gradually beat in the lightly whisked egg whites, adding enough to give a stiff but pliable mixture. Beat in the acetic acid or lemon juice and add colouring if required (a drop at a time until the desired shade is reached). Beat for at least 20 minutes until the icing is stiff enough to stand up in the bowl. Apply to the cake with a wide-bladed stainless knife or palette knife and when the cake is completely covered, smooth with the knife having previously dipped it into hot water.

CAKEOMA PUDDINGS.

GENERAL DIRECTIONS.

(Read carefully before turning to the recipe you require.)

MIXING. Unless otherwise specified, the pudding should be mixed as follows :

Sieve the CAKEOMA and salt into a basin and rub in the fat. Add the other ingredients as specified and mix well. Eggs should be well beaten before adding to the mixture. A little milk is sometimes required to make the mixture the correct consistency.

ECONOMY. Some of the recipes given will be too large for a small family. The same remarks on economy apply as given for CAKEOMA Cakes in the General Directions.

CHRISTMAS OR PLUM PUDDING. (Makes 2.)

16-ozs. CAKEOMA Cake Mixture.
8-ozs. finely-chopped suet.
Pinch salt.
Grated rind of a lemon.
Grated nutmeg.
1 or 2 teaspoonfuls spice.
1-lb. raisins.
12-ozs. currants.
3-ozs. mixed candied peel.
4 eggs.
Wineglassful brandy or rum.

Prepare the fruit overnight. Put all dry ingredients, chopped suet and fruit into a bowl and mix well. Beat the eggs and add to the mixture. Add the spirit. Divide the mixture into two basins and boil for five hours. When required for use boil for a further 1½ hours and serve with "Sweet Sauce" (page 27) flavoured with brandy or rum.

TO BOIL. Well grease the basin before adding the mixture. The pudding must fill the basin or water will get in and spoil the pudding. Cover with greaseproof paper and a floured cloth. Make a pleat in the cloth before trying to allow the pudding to rise. The pudding must be put in a deep pan well filled with sufficient **boiling** water to cover the pudding. The water level must be kept up with fresh **boiling** water as it evaporates.

TO STEAM. Put the mixture in a well-greased basin and cover with greased greaseproof paper. Custard puddings must be steamed gently to prevent curdling.

CHRISTMAS PUDDING—Economical. (Makes 2.)

16-ozs CAKEOMA Cake Mixture.
8-ozs. finely-chopped suet.
Pinch salt.
grated nutmeg (optional).
1 teaspoonful spice (optional).
1-lb. raisins.
1-lb. currants.
4-ozs. candied peel.
1-lb. raw potatoes (finely grated).
1-lb. raw carrots (finely grated).

No eggs or milk are required. Mix the dry ingredients first then add the potatoes and carrots and mix thoroughly for 20 minutes. Boil for 8–10 hours and serve with "Sweet Sauce" (page 27.)

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

CURRANT (OR SULTANA) PUDDING.

16-ozs. CAKEOMA Cake Mixture.
6-ozs. suet (finely chopped).
Pinch salt.
1 or 2 eggs.
8-ozs. currants or sultanas.
2-ozs. candied peel.
$\frac{1}{3}$–$\frac{1}{2}$ glass milk.

Mix the suet with the sieved CAKEOMA and salt; add the fruit and then add the beaten eggs with the milk and mix to a smooth batter. Steam or boil for three hours and serve with "Sweet Sauce" (page 27).

FIG PUDDING.

The ingredients and method are the same as for Currant Pudding but six or more finely-chopped figs are substituted for the currants or sultanas and candied peel.

FIG PUDDING. (Alternative recipe.)

4-ozs. CAKEOMA Cake Mixture.
4-ozs. stale breadcrumbs.
2-ozs. suet (finely grated).
1 egg.
4-ozs. fig puree (or chopped).
Pinch salt.
$\frac{1}{2}$ cup milk.

Sieve the CAKEOMA Cake Mixture and add the crumbs and suet. Beat in egg and add figs and salt. Stir the milk into the dry ingredients to make a soft consistency. Steam for two hours.

COFFEE DATE SPONGE.

6-ozs. CAKEOMA Cake Mixture.
Pinch salt.
1 egg. 2-oz. fats.
3-ozs. dates, stoned and chopped.
Coffee essence.
Milk to mix.

Sieve the dry ingredients and rub in the fat. Mix with milk to a stiff dropping consistency. Add coffee essence to half the mixture. Arrange the mixture in layers and in between each layer sprinkle chopped dates Steam for 1$\frac{1}{2}$ hours.

MINCEMEAT PUDDING. (Makes 2.)

16-ozs. CAKEOMA Cake Mixture.
4-ozs. Shredded Suet.
Pinch salt.
4–8 tablespoonfuls mincemeat.
Milk.

Mix the suet with the sieved CAKEOMA and salt. Stir in sufficient milk to make a stiff paste. Divide into two basins and boil or steam for three hours. Serve with "Sweet Sauce" (page 27.)

PRUNE PUDDING.

16-ozs. CAKEOMA Cake Mixture.
5-ozs chopped suet.
2 eggs.
Pinch salt.
4 tablespoonfuls milk.
8-ozs. prunes.

Prepare the prunes by soaking overnight, then stoning and putting through a sieve. Rub the suet into the sieved CAKEOMA and salt, then add the prunes, the well-beaten eggs and milk, and mix thoroughly. Steam for three hours. Serve with CAKEOMA Custard.

DATE PUDDING.

8-ozs. CAKEOMA Cake Mixture.
3-ozs. finely-chopped suet.
Pinch salt.
4-ozs. stoned and chopped dates.
1 egg.
$\frac{1}{2}$ glass milk.

Mix the suet with the sieved CAKEOMA and salt and add the dates. Add the beaten egg with the milk, and mix thoroughly. Steam or boil for three hours. Serve with CAKEOMA Custard.

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

CHILDREN'S PUDDING.

16-ozs. CAKEOMA Cake Mixture.
4-ozs. chopped suet.
Pinch salt.
2-ozs. stoned and halved raisins.
1 teacupful syrup.
2 or 3 tablespoonfuls milk.

Mix the suet with the sieved CAKEOMA and salt then the raisins. Warm the syrup and milk together and stir into the mixture which should be fairly dry. Tie in a floured cloth and boil for two hours. Serve with " Sweet Sauce " (page 27).

ETHEREAL PUDDING.

8-ozs. CAKEOMA Cake Mixture.
4-ozs. finely-chopped suet.
2 or 3 eggs.
2-ozs. currants.
2-ozs. raisins (stoned).
½-oz. candied peel (shredded).

Add the suet to the sieved CAKEOMA and salt. Beat the eggs and add together with sufficient milk to make a stiff batter. Line the inside of a well-greased pudding basin with the fruit and peel, then without disturbing, pour in half the batter. Spread some apricot jam and then add the rest of the batter. Steam for two hours. Serve with " Transparent Sauce " (page 28).

MARLBOROUGH PUDDING.

16-ozs. CAKEOMA Cake Mixture.
4-ozs. suet (finely chopped).
8-ozs. dates (stoned and chopped).
1 or 2 eggs.
Pinch salt.
1 tablespoonful syrup.
Milk to mix.

Mix the suet with the sieved CAKEOMA and salt. Beat the eggs, warm the syrup with a little milk and add to the mixture. Steam for three hours. Serve with CAKEOMA Custard.

SCOTCH PUDDING.

8-ozs. CAKEOMA Cake Mixture.
2-ozs. butter.
2 tablespoonfuls syrup.
2 eggs.
1 or 2-ozs. preserved ginger (chopped).
3 apples.
¾ glass milk.

Rub the butter into the sieved CAKEOMA. Peel and slice the apples and with the chopped ginger mix into the CAKEOMA. Separate the whites from the yolks of the eggs, and beat the yolks. Then add the yolks and the warmed milk and syrup to make a batter. Steam for three hours. Serve with " Foamy Sauce " (page 27).

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

MARMALADE SPONGE PUDDING.

16-ozs CAKEOMA Cake Mixture.
2 eggs.
2 tablespoonfuls butter.
2 tablespoonfuls marmalade.

Rub the butter into the sieved CAKEOMA. Add the beaten eggs together with the marmalade and a little milk and mix well. Steam for two hours. Serve with " Sweet Sauce " (page 27). This pudding may be served hot or cold.

GINGER PUDDING.

16-ozs. CAKEOMA Cake Mixture.
6-ozs. suet (finely chopped).
Pinch salt.
1 or 2 teaspoonfuls ground ginger.
2 eggs.
$\frac{1}{3}$–$\frac{1}{2}$ glass milk.

Mix the suet into the sieved CAKEOMA and ginger and mix well. Add the well-beaten eggs and milk. Steam for three hours and serve with " Sweet Sauce."

CHOCOLATE PUDDING.

As for " Ginger Pudding," given above, except that one to two ozs. cocoa should be substituted for the ginger.

CLEVELEYS PUDDING.

16-ozs. CAKEOMA Cake Mixture.
6-ozs. suet (finely chopped).
3 tablespoonfuls bread crumbs.
3 tablespoonfuls syrup.
Pinch salt.
2 teaspoonfuls ground ginger.
2 eggs.
$\frac{1}{2}$ glass milk.

Mix the suet into the sieved CAKEOMA. Beat the eggs and add with the slightly warmed syrup and milk and mix well. Steam for two hours. Serve with " Sweet Sauce " (page 27).

SYBIL'S PUDDING.

16-ozs. CAKEOMA Cake Mixture.
6-ozs. butter or lard.
2 eggs.
Milk as required.
1 dessertspoonful brandy.
Pinch salt.
6-ozs. preserved ginger (diced).

Rub the fat into the sieved CAKEOMA and salt. Add the ginger and mix well. Beat the eggs and add together with the milk. Boil for three hours and serve with " Sybil's Sauce " (page 28).

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

SYRUP AND GINGER SPONGE.

4-ozs. CAKEOMA Cake Mixture.
1 tablespoonful syrup.
1 egg.
Pinch salt.
2-ozs. butter.
1 teaspoonful ginger.
¾ pint milk.

Pour the syrup into a greased basin. Sieve the dry ingredients into a bowl (except the ginger) and rub in the fat. Halve the mixture and to one-half add the ginger. Add sufficient milk to make a soft consistency. Drop the plain mixture into the basin first and then the ginger on top. Steam for two hours.

BAKED APPLE PUDDING.

Stew sufficient apples (sweetened and flavoured with nutmeg) to cover the bottom of a large pie dish to a depth of one inch. Make a batter of 8-ozs. CAKEOMA Cake Mixture, 2-ozs. butter, one egg and a little milk and pour over the apples while still hot. Bake in a moderately hot oven. Dust with fine sugar before serving.

WINDSOR PUDDING.

16-ozs. CAKEOMA Cake Mixture.
5 apples.
1 lemon.
2 eggs.
4-ozs. finely-chopped suet.
Pinch salt.
½ glass milk.

Peel and core the apples and chop small. Grate the lemon rind and squeeze out the juice. Mix the suet into the sieved CAKEOMA and salt. Beat the eggs and add to the other ingredients with the milk. Mix all well together. Steam for three hours and serve with CAKEOMA Custard.

LEMON PUDDING.

16-ozs. CAKEOMA Cake Mixture.
6-ozs. finely-chopped suet.
Pinch salt.
2 eggs.
⅓–½ glass milk.
The grated rinds of 2 and the juice of 1 lemon.

Mix the suet and grated lemon rind to the sieved CAKEOMA and salt. Beat the eggs with the lemon juice and with the milk add to other ingredients and mix well. Steam or boil for three hours and serve with "Sweet Sauce" (page 27).

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

WHOLE LEMON PUDDING.

4-ozs. CAKEOMA Cake Mixture ... ... } Suet Pudding

2-ozs. suet.

Pinch salt.

1 lemon.

1 tablespoonful sugar.

1 tablespoonful water.

Sieve the CAKEOMA and salt. Grate the suet and mix in. Mix to a paste with water, roll into a round and line a basin. Place lemon, water and sugar in the centre. Fit the pastry lid on and steam for two hours.

APPLE AND CURRANT PUDDING.

16-ozs. CAKEOMA Cake Mixture.

6-ozs. finely-chopped suet.

½ teaspoonful salt.

4-ozs apples (minced).

4-ozs. currants.

1 egg.

Grated rind and juice of 1 lemon.

½ glass milk.

Mix the suet, apples and currants with the sieved CAKEOMA and salt. Add the lemon rind and juice, the beaten egg and the milk and make into a stiff batter. Steam for three hours. Serve with " Sweet Sauce " (page 27) flavoured with lemon rind and nutmeg.

ORANGE PUDDING.

16-ozs. CAKEOMA Cake Mixture.

2 oranges.

4-ozs. butter.

2 eggs.

½ pint orange juice.

Rub the butter into the sieved CAKEOMA. Mix in the grated rind of the two oranges. Stir in the well-beaten eggs and orange juice. Steam for three hours. Serve with " Orange " or " Sweet Sauce " (page 27).

WHITEFRIARS PUDDING.

16-ozs. CAKEOMA Cake Mixture.

1 carrot.

1 small apple.

8-ozs. suet.

Pinch salt.

2 tablespoonfuls syrup.

8-ozs. currants and raisins mixed.

Milk to mix.

Boil a good-sized carrot until tender and press through hair sieve. Chop the suet and apple and add them together with the syrup and mix well. Add the CAKEOMA gradually and sufficient milk to make a stiff dough. Boil fast for three hours. Serve with " Sweet Sauce."

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

AMERICAN APPLE DUMPLINGS.

8-ozs. CAKEOMA Cake Mixture.
Pinch salt.
1½-ozs. fat.
1–2 tablespoonfuls milk.
1½-lbs. apples.

Sieve the CAKEOMA and salt. Rub in the fat and mix with a little milk to form a coarse crumb-like mixture. Place the peeled, cored and sliced apples at the bottom of a greased pie dish with three tablespoonfuls water. Sprinkle the crumb mixture on top and cook in a moderate over (424°F.) for 20 minutes. To serve, turn upside down and pile the apple on top. Sprinkle with sugar and add a knob of margarine.

COCOANUT PUDDING.

8-ozs. CAKEOMA Cake Mixture.
4-ozs. desiccated cocoanut.
2-ozs. butter.
1 egg.
½ pint milk.
2-ozs. sultanas or 1 tablespoonful raspberry jam.

Rub the butter into the sieved CAKEOMA and mix in the cocoanut and sultanas. Add the beaten eggs with the milk to make a smooth batter. **Either** steam in a greased basin for three hours **or** steam in small individual cups for ½ hour **or** bake in a greased pie dish with a little nutmeg grated over the top. Serve with CAKEOMA Custard flavoured with cocoanut.

PINEAPPLE SOUFFLÉ.

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter.
6-ozs. tinned pineapple.

Rub the butter into the sieved CAKEOMA, add the pineapple (finely chopped) and mix well. Using the pineapple juice, make the mixture into a batter the consistency of thick cream and beat well. Steam for two hours. Serve with CAKEOMA Custard.

STEAMED CUP PUDDING.

16-ozs. CAKEOMA Cake Mixture.
4-ozs. butter or beef dripping.
2 eggs. ½ glass milk.
3 or 4 drops vanilla essence (or lemon juice).

Rub the fat into the sieved CAKEOMA, add the beaten eggs together with the milk and essence, and mix well. Fill previously greased cups with alternatively a tablespoonful batter and a teaspoonful jam. Steam for ¾ hour. Turn out on a dish and dust with sugar and serve with CAKEOMA Custard or any sauce liked. If dripping is used, flavour with lemon juice instead of vanilla.

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

JAM ROLY-POLY. (Boiled or Baked.)

8-ozs CAKEOMA Cake Mixture.

2-ozs. finely-chopped suet.

Pinch salt.

Milk and jam as required.

Mix the CAKEOMA and suet with a little milk to make a fairly stiff dough. Roll out to ¼-in. thick and spread with jam. Roll up, press the sides and ends together to keep the jam in. Tie in a cloth and boil for two hours. **OR** bake on a dish (without cloth) for one hour. Serve with CAKEOMA Custard.

POTATO ROLY-POLY.

10-ozs. CAKEOMA Cake Mixture.

8-ozs. hot mashed potatoes.

2-ozs. suet finely chopped.

Pinch salt.

Jam.

The method is as for " Jam Roly-Poly," given above.

COMMODORE PUDDING.

2-ozs. CAKEOMA Cake Mixture.

1 or 2-ozs. butter.

1 or 2 eggs. ½ pint milk.

Warm the butter until oiled. Beat and stir in the eggs then add the sieved CAKEOMA gradually and mix well. Stir in the milk gradually. Half fill a greased soufflé dish and bake for ½ hour and serve immediately.

FRENCH WAFERS.

8-ozs. CAKEOMA Cake Mixture.

4-ozs. butter.

2 eggs. ¾ pint milk.

Cream the butter and add the beaten eggs. Stir in the sieved CAKEOMA gradually and add the milk and mix well. Spread a little batter on well-greased tin plates or saucers and bake 10 minutes in a moderately hot oven. Serve at once with lemon cream between each two wafers, or sprinkle with sugar and lemon juice and fold over.

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

PRINCESS PUDDING.

(1) **CAKEOMA Short Crust Pastry** (page 13).

(2) **½-lb. apples.**
1 egg.
1 dessertspoonful sugar.
1 dessertspoonful butter.
1 dessertspoonful milk or cream.

(3) **8-ozs. CAKEOMA Cake Mixture.**
1 egg.
2-ozs. butter and pinch salt.
½ glass milk.

(1) Line a pie dish with the short crust pastry.

(2) Peel, core and stew the apples then mix with other ingredients and pour into the lined dish.

(3) Sieve the CAKEOMA and salt into a basin and rub in the butter. Add the beaten egg with the milk and mix well. Pour the mixture over the No. 2 mixture already in the dish and bake in a hot oven for about 30 minutes. When cooked spread the very well beaten white of one egg over the top, sprinkle with sugar and return to oven for a few minutes until brown.

WALNUT PUDDING.

16-ozs. CAKEOMA Cake Mixture.
4-ozs. chopped walnuts.
8-ozs. dates (stoned).
2-ozs. butter.
Milk.

Rub the butter into the sieved CAKEOMA and mix in the walnuts and dates. Add the milk and make a smooth batter. Steam for three hours. Serve with "Sweet Sauce" (page 27).

GOOSEBERRY PUDDING.

(any fresh fruit may be used).

16-ozs. CAKEOMA Cake Mixture.
3-ozs. butter or lard.
1 egg.
Milk to mix.
1½ pints gooseberries.
Sugar to taste.

Make a stiff paste with the sieved CAKEOMA, fat, egg and milk. Roll out thinly and line a basin keeping enough paste to fit the top of the basin and for the middle. Put half the fruit into the basin and sprinkle thickly with sugar. Then add a round of paste and then the remainder of the gooseberries covered with sugar. Place the paste cover on the basin to keep in the juice. Bake for about one hour in a moderate oven. Turn out and serve with CAKEOMA Custard or cream. Or the pudding can be served cold and decorated with whipped white of egg and red jelly.

RHUBARB PUDDING.

(Any fresh fruit may be used.)

16-ozs. CAKEOMA Cake Mixture.
6-ozs. suet (finely chopped).
Pinch salt.
1 or 2 eggs.
½ pint milk.
2-lbs. rhubarb.

Sieve the CAKEOMA and salt into a basin and mix in the suet. Add the beaten eggs and milk gradually to make a smooth batter. Dice the rhubarb and add to the mixture. Bake in a well-greased pie dish in a moderate oven for 1½ hours. Serve with CAKEOMA Custard.

CAKEOMA PUDDINGS.

(See General Directions on page 18.)

COFFEE PUDDING.

16-ozs. CAKEOMA Cake Mixture.
4–6-ozs. butter. **¼ glass milk.**
4 tablespoonfuls coffee essence.
2 eggs.

Dissolve the coffee essence in the milk. Rub the fat into the sieved CAKEOMA and add the beaten eggs and milk to make a smooth batter. Steam for three hours and serve with CAKEOMA Custard or cream.

CAKEOMA FRITTERS.

4-ozs. CAKEOMA Cake Mixture.
1 tablespoonful plain flour.
Pinch salt.
Mixed spice (to taste).
2 or 3-ozs. currants.
2 or 3-ozs. chopped apples.
1 egg.
Milk.

Sieve the dry ingredients into a bowl and add the well-beaten eggs and the milk and make a smooth batter. Have some lard ready in a frying pan and when very hot drop a spoonful of batter at a time into it and fry until brown on both sides. Serve very hot, sprinkled with castor sugar and with a slice of lemon.

PUDDING SAUCES.

CAKEOMA Custard is the finest accompaniment for most puddings and is so easy to make. But for variation the following sauces make a change.

CAKEOMA SAUCE.

1 tablespoonful CAKEOMA Cake Mixture.
1 tablespoonful sugar.
Small knob of butter. **¾ pint milk.**

Melt the butter in a pan and add the CAKEOMA gradually. When smoothly blended add the milk very slowly stirring all the time. Bring to the boil and allow to boil for about two minutes.

FOAMY SAUCE.

2 whites of egg.
2-ozs. castor sugar. **1 gill milk.**

Beat up the egg whites and add the sugar and beat again. Boil the milk and pour over the eggs and sugar stirring all the time. Stir in the grated rind and juice of a lemon and serve hot.

SWEET SAUCE.

2-ozs. butter.
1 dessertspoonful plain flour.
½ pint milk.
2 or 3 tablespoonfuls sugar.
Flavouring.

Method as for CAKEOMA sauce. The sauce may be flavoured with grated lemon rind, grated nutmeg, powdered cinnamon, etc., according to taste.

ORANGE SAUCE.

2 oranges.
1 tablespoonful brown sugar.
1 pint cold water.

Put the finely-shredded orange peel into a saucepan with the water and sugar and allow to simmer until clear. Then strain in the orange juice and serve.

PUDDING SAUCES.

SYBIL'S SAUCE.

½ pint milk.
¼ pint water.
1 tablespoonful flour.
Wineglassful brandy or sherry.
1 tablespoonful castor sugar.

Rub the flour and sugar together. Moisten with water and stand for ½ hour (add brandy or sherry). Boil the milk and strain on to the mixture. Pour into a double saucepan and stir until boiling point is reached. If too thick add a little boiling water.

LEMON SAUCE.

Method the same as for CAKEOMA Sauce (see previous page) with the addition of a piece of lemon rind.

TRANSPARENT SAUCE.

Mix one part apricot jam with two parts boiling water and strain before serving.

CAKEOMA COLD SWEETS.

TANSY PUDDING.

8-ozs. CAKEOMA Cake Mixture.
2-ozs. butter.
3 or 4 apples (cooked and sieved).
1 egg.
Pinch salt.
¾ pint milk.
Custard.

Rub the butter into the sieved CAKEOMA, add the beaten egg with the milk to make a smooth batter. Pour half the batter into a greased dish then half the apples sweetened with a little sugar. Put the remainder of the batter on top and bake until golden brown. Turn out and allow to cool then spread the remainder of the apples over the top. Beat the custard and arrange on top of the apples.

DEVONIA PUDDING.

4-ozs. CAKEOMA Cake Mixture.
1¼ pints milk.
2 eggs.
Cake crumbs.

Mix the CAKEOMA with sufficient cold milk to make a smooth paste. Beat in the eggs. Boil the rest of the milk and gradually add the CAKEOMA mixture stirring until it thickens. Allow to cool. Soak the cake crumbs with a little milk and wine if available and put into the bottom of a glass dish. Pour the mixture over the top and decorate with cherries and ratafia biscuits soaked in wine.

CAKEOMA ISLANDS.

8-ozs. CAKEOMA Cake Mixture.
2 eggs.
Grated peel and juice of one orange.
Milk to mix.

Make a cake batter and half fill some small patty tins and bake in a hot oven. When cool, arrange the cakes in a glass dish and pour over them a warm orange jelly. When cold decorate with chopped jelly and quarters of orange.

CAKEOMA CUSTARD POWDER RECIPES.

CUSTARD.

Blend one tablespoonful of CAKEOMA Custard Powder with 2–3 tablespoonfuls milk. Boil one pint of milk with a little sugar and while still boiling pour on to the Custard Powder and stir well. Pour the Custard into a dish or individual glasses and serve hot or cold.

SPONGE CUSTARD PUDDING.

Cut half a jam sandwich (page 15) into slices and place in a glass dish. Pour CAKEOMA Custard over the cake and leave until quite cold. A little sherry may be soaked into the sandwich if liked, before adding the Custard.

RICE OR TAPIOCA PUDDING.

Stew in a saucepan until soft, sufficient rice or tapioca for your pudding with milk and sugar to taste. Make some Custard according to the CAKEOMA Custard recipe, and mix with the rice or tapioca while hot. Sprinkle with grated nutmeg and bake in a slow oven.

COFFEE CREAM.

Blend two tablespoonfuls CAKEOMA Custard Powder with two tablespoonfuls milk taken from one pint milk to make a smooth paste. Boil the remainder of the milk with two tablespoonfuls sugar and one tablespoonful coffee essence, and while boiling pour on to the mixture and stir briskly. Pour into a pint mould and serve cold. The cream will be stiffer if it is returned to the pan after making and boiled for a few minutes before pouring into the mould.

CUSTARD PUDDING.

Blend one tablespoonful of CAKEOMA Custard Powder, two tablespoonfuls ground rice and a small knob of butter with three tablespoonfuls milk taken from ¾ pint. Boil the rest of the milk and while still boiling pour into the basin stirring briskly. Pour into a well-greased dish and bake until lightly browned.

CUSTARD TARTS.

Prepare the Custard according to the recipe given, and pour into patty pans lined with short crust pastry (page 13). Bake in a moderate oven for about 20 minutes.

CUSTARD PIE.

Blend one tablespoonful CAKEOMA Custard Powder and one tablespoonful flour with three tablespoonfuls milk taken from one pint. Boil the remainder of the milk with two tablespoonfuls sugar and pour on to the Custard Powder while still boiling. Pour into a deep dish lined with short crust pastry (page 13). Grate nutmeg over the top and bake for 20 minutes.

"OMA" CORNFLOUR RECIPES.

BLANC MANGE.

1-oz. " OMA " Cornflour.
1½-ozs. sugar.
1 pint milk.
Flavouring and colour if liked.

Mix the cornflour smoothly with a little cold milk. Boil the remainder of the milk and stir in the cornflour and boil gently for five minutes. Add the sugar, flavour and colour and pour into a mould previously rinsed with cold water.

A SOOTHING DRINK FOR CHILDREN AND INVALIDS.

1 level tablespoonful " OMA " Cornflour.
1 pint milk.
Sugar to taste.

Blend the cornflour with a little cold milk and boil the remainder. Pour over the cornflour and stir gently. Add sugar to taste and return to the pan and boil for two or three minutes.

CORNFLOUR PUDDING.

2 level tablespoonfuls " OMA " Cornflour.
1 tablespoonful sugar.
1 egg.
Pinch salt.
1 pint milk.
Grated rind of half a lemon.
Small knob of butter.

Blend the cornflour smoothly with a little cold milk. Boil the remainder and pour over the cornflour stirring all the time. Return to the saucepan and boil gently until it thickens, then cool slightly. Add the egg yolk, salt and lemon rind and stir for two or three minutes over the heat. Whisk the egg whites to a stiff froth and add lightly to the rest of the ingredients. Pour into a buttered pie dish and bake in a slow oven for ½ hour.

" OMA " Cornflour is also invaluable for thickening soups, gravy, sauces, etc.

"WAFER" BREAKFAST CEREALS.

"WAFER" CORN FLAKES.

"WAFER" WHEAT FLAKES

"WAFER" Wheat and Corn Flakes are manufactured under ideal conditions and are of the same high quality always associated with "CAKEOMA" and "OMA" Products. There are many delicious ways of using them. A few sample recipes are given below.

For Breakfast.

FLAKES AND MILK.
Serve with milk (hot or cold), sugar to taste, or jam, melted honey, etc.

FLAKES AND BACON.
Fry the Flakes with bacon or sprinkle in the fat.

FLAKES AND SCRAMBLED EGGS.

3 eggs.
1-oz. butter or margarine.
½ cupful milk.
½ cupful Flakes.
Pepper and salt to taste.

Beat the eggs lightly, then add milk, Flakes and seasoning. Melt the butter in a saucepan and add the mixture. Cook over gentle heat, stirring well until the mixture thickens.
(A delicious way of making three eggs sufficient for four people.)

As a Sweet.

FLAKES AND FRUIT. "WAFER" Corn Flakes are delicious with all kinds of fresh, tinned or stewed fruit. Sprinkle the Flakes on the fruit and add "top of the milk" and sugar or condensed milk to taste

"WAFER" Banana Splits. Sliced bananas topped with a little jam, on a mound of Flakes and served with milk or cream. (A very popular dish with children.)

"WAFER" Crunch.

4-ozs. "WAFER" Corn Flakes.
2-ozs. oats.
4-ozs. sugar.
4-ozs. margarine or fat.
Pinch salt.
1 tablespoonful syrup.

Melt the syrup and margarine in a pan. Add dry ingredients and mix well. Bake in a swiss roll tin until golden brown. Cut into slices while warm.

"WAFER" BREAKFAST CEREALS.

As a Sweet.

"WAFER" Chocs.
1½ cups "WAFER" Corn Flakes.
¼-lb. Sweetened Chocolate.
Squeeze of lemon juice.

Melt the chocolate over gentle heat and mix in the Corn Flakes. Add lemon juice. Drop with teaspoon into small mounds on to a greased baking sheet. Top with small pieces of walnut if available. Allow to set in a cool place.

(This recipe makes the chocolate ration go further.)

HAM CROQUETTES. To a cupful of "WAFER" Flakes add ¼-lb. of chopped or minced ham and a little flour and seasoning. Beat an egg until light and add to the mixture, beating to a stiff consistency. Turn into rounds and roll in crushed Flakes then fry in hot fat until golden brown. Drain on paper and serve.

Savoury Dishes. (For lunch or a light supper.)

FLAKES AND POTATO RISSOLES.

6 tablespoonfuls mashed potatoes.
3 tablespoonfuls crushed Flakes.
1 yolk of egg.
1 whole egg.
1 tablespoonful chopped onion.
1 tablespoonful chopped parsley.
Frying fat as required.
Salt and pepper to taste.

Mix potatoes, Flakes, onion, parsley, and season to taste. Moisten with yolk of egg. Form into rissoles, coat with egg and crushed Flakes and fry in hot fat until golden brown.

STUFFED TOMATOES.

8 tomatoes.
1 teaspoonful chopped parsley.
2-oz. bacon or ham.
½ small onion (minced).
2 tablespoonfuls crushed Flakes.
Salt and pepper to taste.

Mince the ham or bacon and put into a pan with other ingredients finely chopped. Stir over the fire for a few minutes. Scoop out the inside of tomatoes without breaking. Add the pulp and crushed Flakes to the mixture in the pan and cook for a few minutes longer stirring all the time. Fill the tomatoes carefully with this stuffing. Grease a pan. Put the tomatoes in and cook in a moderate heat for about 15 minutes. Sprinkle with crushed Flakes and serve.

954

Latham's Food Products have a reputation for quality and purity. They are manufactured in a modern factory under the most hygienic conditions. Look for the Latham's diamond on the cartons, and be sure of the best.

Latham's
FOOD
PRODUCTS
ESTD. 1884

All goods leave the factory in perfect condition and any deterioration can only have been caused by conditions beyond our control. If you have any cause for complaint return the offending packet to us stating where the purchase was made, and we will immediately replace it.

LATHAM & CO. LTD. PORT CAUSEWAY · BROMBOROUGH · CHESHIRE